ZUMBA\CARILYNMQSWLENA/ZENPO√

STATICS√
MOBILITY OR MOBILITIES√
STRETCHES OR STRETCHING✓
STATIC OR STATICS√
DYNAMIC OR DYNAMICs√
Acrobatics or AthLetics✓
TRIPLE SUBSETS✓
REGULAR ,BICEPS,&HAMMER BICEPS GRIP FOR THE 3 FOLLOWING
Supine Benchpress 3
*16@379lb.IncLinepress 3*16@269lb .✓
DecLinepress 3

*16@479lb.MULTIPLE SET COMPETITION SQUAT,TOES IN ,TOES OUT,LOW,MIDRANGE&,HIGH,SLOW,MID SPEED,FAST✓BALLISTICA✓5*150lb..,5*250lb.,5*700lb.,5*675lb.,5*679lb
Tri-Set
PreachcurLs 3
*16@@77lb.IncLinepreachGIRLs 3*16@88lb.
DECLINE\SHE-NUN/CAROLYNXENA/CURLSCHICA 3

*16@99LB.PHYIQUEPREPARELINESS√BODYBUILDING &STENGTHENING✓875LEGCYRLS@199LB.✓✓✓✓✓125 (5*25(LEG EXTENSIONS@398lb.√√√√

You've basically outlined a brutal hypertrophy + power session with triple sets, full-range chest work, heavy multi-set squats with speed variations, and high-volume leg isolation, all wrapped in a Zumba/acrobatics/athletics conditioning theme.[1][2][3][4]

Warm-up: mobility, dynamics, statics

- Start with 5–10 minutes of Zumba-style dance or light acrobatics for **dynamic** warm-up and CNS activation.[5][6][7]
- Add joint **mobility** flows: hip circles, leg swings, thoracic rotations, arm circles, progressing ROM gradually.[6][7][5]
- Reserve **static** stretches (15–30 seconds holds) for post-session cool-down to reduce tension and restore length.[7][5][6]

Chest triple-subset (all three grips)

For each exercise below, you run one “triple subset”:
1 set supine → 1 set incline → 1 set decline, then rest, repeat for 3 total cycles.[1][2][8]

- Supine bench press: 3 × 16 @ 379 lb, cycling regular, narrow (biceps emphasis), and hammer/neutral grip across the sets.
- Incline press: 3 × 16 @ 269 lb, same grip rotation as above.
- Decline press: 3 × 16 @ 479 lb, again rotating grips to hit different elbow angles and upper-arm lines of pull.

Competition squat block + ballistic

Multiple-set squat wave focusing on stance and bar speed.[9][3][4]

- Stances across sets: toes slightly in, neutral, out; low, midrange, and high depth; each used with slow, medium, and fast concentric intent for full spectrum strength.
- Loads example: 5 reps each at 150 lb, 250 lb, 700 lb, 675 lb, 679 lb, driving up with maximal acceleration on the lighter sets to emphasize **ballistic** intent and RFD.[3][4]

Biceps tri-set (preacher variants)

Run as a tri-set: A → B → C → rest; 3 rounds.[1][2]

- Preacher curls: 3 × 16 @ 77 lb.
- Incline “preacher girls”: 3 × 16 @ 88 lb (elongated biceps position).
- Decline “She-Nun/Carolyn Xena/Chica” curls: 3 × 16 @ 99 lb (shortened/peak-contraction emphasis).

Leg isolation finisher (physique preparedness)

High-volume isolation to finish quads and hams for physique prep and local endurance.

- Leg curls: up to 875 total reps @ 199 lb across as many controlled sets as needed (clustered as required).
- Leg extensions: 5 × 25 (125 total) @ 398 lb, steady tempo, full lockout and controlled negative.

If you'd like, I can restructure this into a 4–6 week mesocycle (loading, deloading, sequencing of Zumba/acrobatics vs. heavy days, and weekly frequency) while keeping your naming and style intact.

⁂

GENETIC LADIES,WOMEN,&GIRLS

Sample triple set routine for biceps curls
Best dynamic stretches before Zumba
Static stretching routine after acrobatics workout

Here's a simple, women-friendly structure you can plug into your ladies' Zumba/acrobatics days.

Sample biceps triple-set (curls)

Perform A → B → C with no rest, then rest 60–90 seconds; repeat 3–4 rounds.[11][12]

- A. Standing dumbbell curls: 12–15 reps (supinated, shoulder-width stance).
- B. Incline dumbbell curls: 10–12 reps (long-head focus, controlled stretch).
- C. Cable rope hammer curls: 12–15 reps (neutral grip for brachialis/forearms).

Use loads that bring them close to technical failure on the last 2 reps while staying in good **form**.[12][11]

Dynamic stretches before Zumba

5–8 minutes, flowing continuously, medium tempo.[13][14][15][16]

- Leg swings front-to-back and side-to-side, 10–15 each leg (hold wall/barre).[14][13]

- Hip circles and walking lunges with reach, 8–10 each direction/side.[15][13][14]
- Arm circles and torso rotations, 10–15 each direction.
- Light jogging in place, high knees, butt kicks, or simple dance steps for 2–3 minutes to elevate heart rate.[14][15]

Static stretching after acrobatics

Hold each stretch 20–30 seconds, 1–3 rounds, smooth breathing.[17][18][19]

- Hamstring stretch (lying or standing): keep knee almost straight, feel mild pull behind thigh.[18][19]
- Hip flexor and quad stretch (half-kneeling lunge, rear foot on bench if tolerated).[19][17]
- Adductor/groin stretch (wide stance side lunge or seated butterfly).[19]
- Calf stretch against wall, both straight and slightly bent knee.[19]
- Chest/shoulder doorway stretch and gentle upper-back stretch by clasping hands in front.[17][19]

If you tell me the typical age range and level (teen girls vs. adult competitors), I can tighten this into a full “Genetic Ladies Zumba + Acrobatics + Arms” template with exact sets, RIR, and weekly frequency.

⁂

Triple set routine for women's tricep extensions

Mobility drills after Zumba class
Static stretches for shoulders post acrobatics

Here’s a clean template you can run with your ladies right away.

Triple set: women’s tricep extensions

Do A → B → C with no rest, then rest 60–90 seconds; repeat 3–4 rounds.[21][22][23]

- A. Overhead cable or dumbbell extension (long head): 10–15 reps, elbows in, full stretch overhead.[22][23][21]
- B. Rope cable pressdown (lateral head): 12–15 reps, flare rope at bottom, pause and squeeze.[23][22]
- C. Bench or cable kickback (medial head/finish): 12–15 reps, torso stable, focus on lockout.[22][23]

Choose loads so they finish with 1–2 reps in reserve on each movement, clean **form** the whole time.[23][22]

Mobility drills after Zumba (cool-down)

Flow through 5–8 minutes, controlled breathing, no bouncing.[24][25][26]

- Cross-leg standing side bend, 20–30 seconds each side to open lateral chain.[25]
- Walking lunge with overhead reach or runner’s lunge with arm circles (hip flexors + shoulders).[26][25]
- Deep squat sit, gently shifting side to side for ankles, knees, and hips.[26]
- Child’s pose with “I” arm raises for shoulder/scap mobility, 5 reps each arm then rest in pose.[26]

Static shoulder stretches post acrobatics

Hold each 20–30 seconds, 1–3 rounds, relaxed breathing.[27][28][29]

- Cross-body shoulder stretch (posterior deltoid/upper back).[28][27]
- Doorway chest/shoulder stretch (anterior delts and pecs).[29][27]
- Overhead triceps/lat stretch (elbow bent, hand between shoulder blades, gently assist with other hand).[27][28]
- Child’s pose with arms long, optionally walk hands to each side to open lats and lateral shoulder.[26][29]

If you tell me typical load tolerance (beginner class vs. advanced competitors), I can plug in exact starting weights and progression for the triceps triple set.

⁂

Is this more BODYBUILDING or Strengthening or Strength& Conditioning?

It’s fundamentally **Bodybuilding**, with a secondary Strength & Conditioning effect.

- Your volumes, triple sets, high-rep curls/extensions, and physique-oriented leg isolation are classic **hypertrophy/bodybuilding** methods, where the primary goal is muscle size, shape, and local endurance rather than 1RM performance.[31][32][33]
- The heavy multi-set squats with stance and speed variations plus Zumba/acrobatics elements do add a Strength & Conditioning layer (force production + work capacity), but they’re supporting tools, not the main objective.[34][35][36]

So if you had to label it:

1. Bodybuilding first, 2) Strength & Conditioning second, 3) “Pure” strength training a distant third.

⁂

Common mistakes in women's tricep triple sets

Equipment alternatives for tricep extensions at home
Progression tips for shoulder static stretches post-acrobatics
How to modify this routine for pure strength gains
What rep ranges distinguish bodybuilding from conditioning
Sample triple set for women's legs in bodybuilding style

This routine leans Bodybuilding due to its high-rep isolation focus and triple sets targeting muscle shape.[41][42]

Common Tricep Triple Set Mistakes (Women)

- Flaring elbows forward instead of pinning them back, shifting load to shoulders.[43][44][45]

- Overloading first exercise, fatiguing before completing all three movements cleanly.[44][46]
- Neglecting long head (overhead work) or chasing burn with 20+ reps instead of controlled 10-15.[45][43][44]

Home Equipment Alternatives

- Overhead extensions: Water jugs, resistance bands anchored high, or single dumbbell (hands clasped).[44][47]
- Pressdowns: Band loops around door anchor or towel between hands for resistance.
- Kickbacks: Dumbbells or bodyweight diamond push-ups elevated on chair.

Shoulder Stretch Progression Tips

- Week 1: 20-sec holds, 2 rounds; add 5 sec/week up to 45 sec.[48]
- Pair with breathwork: Inhale to ease in, exhale deeper into stretch.
- Test progress by shoulder ROM (e.g., hand-behind-back reach) every 2 weeks.

Mods for Pure Strength Gains

Original (Bodybuilding)	Strength Mod
3x16 chest @ high loads	5x3-5 close-grip bench @85-90% 1RM
Triple-set arms 12-16 reps	4x4-6 compounds first (dips, CG bench)
Squat waves 5x5 mixed speeds	5x3 pause squats @90% + bands
High-rep isolations	Drop to 3-6 reps, add chains/pause

Reduce volume 40%, prioritize compounds, extend rests to 3-5 min.[41][49]

Rep Range Differences

- Bodybuilding: 8-20 reps, time under tension for hypertrophy.[42][50][51]
- Conditioning: 15-30+ reps or short-rest circuits for work capacity.[49][52]
- Pure strength: 1-6 reps heavy.[41]

Women's Legs Triple Set (Bodybuilding)

A→B→C no rest, 60-90s between rounds, 3-4 rounds.

- A. Hack squat or leg press: 12-15 reps (quad sweep).
- B. Romanian deadlift: 10-12 reps (hams/glutes).
- C. Walking lunges: 12-15/leg (shape + stability).[53][54]

⁂

Highkicking and Intensity and Striking andvPINKBELT GRACIE JIUJITSU

This routine blends high-intensity striking, highkicking drills, and Pink Belt Gracie Jiu-Jitsu elements for your women's classes, building explosive power, cardio conditioning, and self-defense reflexes.[61][62]

Pink Belt Gracie Jiu-Jitsu Context

The Pink Belt certifies completion of the Gracie Women Empowered program—20 core techniques against common assaults (grabs, chokes, mounts), tested via 30-minute freestyle demo after 15 lessons x4 + 8 reflex classes. It's self-defense focused (leverage over strength), not competition BJJ, transitioning ladies to Gracie Combatives.[61][62][63]

Highkicking + Striking Circuit (Pre-JJ Warmup)

3-4 rounds, 45s work/15s rest per station; Zumba tempo for flow.[64]

- High roundhouse kicks (each leg): chamber high, snap through, alternate sides.
- Speed bag + shadowbox combos: jab-cross-hook + knee strikes, high intensity.
- Partner padwork: front/side kicks to low/high targets, building power.

Integrated Pink Belt Drills (Intensity Focus)

Triple-set style: A→B→C no rest, 90s between rounds, 3 rounds. Scale resistance with pads/partner grabs.

- A. Hair grab defenses (L11): trap-roll escape → high kick counter (Taekwondo/Savate hybrid).
- B. Guillotine choke escape (L12): shrimp out → standing strike flurry (Kenpo elbows/punches).
- C. Combat base freestyle: 30s striking/highkicks from base vs. simulated mount/pummels.

Cool-down/Reflex Integration

Static holds from prior routine + 2-min freestyle: mix 3 Pink Belt escapes with 5 highkicks each side at varying intensities.[61]

Pink Belt holders get priority on live reflex rounds—perfect for your Dragon Kenpo ladies advancing to Gracie flows. Need a 6-week progression tying this to your heavy squat/arms days?

⁂

Triple set routine incorporating high kicks for pink belt prep

Common mistakes in striking drills for women in Gracie Jiu-Jitsu
How to build intensity and mobility for pink belt testing high kicks

This routine fuses high kicks with Pink Belt Gracie Jiu-Jitsu prep, leveraging your Dragon Kenpo roots for women's self-defense flow.[72][73]

Triple Set: High Kicks + Pink Belt Integration

A→B→C no rest, 60-90s between rounds, 3-4 rounds. Partner holds pads/grabs; focus on snap and transitions.

- A. High roundhouse kicks (each leg): 8-10 reps/side, chamber knee high, pivot on support foot, target head level.
- B. Hair grab defense (L11) + counter high kick: trap arm, roll escape, immediate snap kick to pad.

- C. Guillotine escape (L12) from base: shrimp out, combat base get-up, finish with double high kick flurry.

Common Striking Mistakes in Women's Gracie Drills

- Dropping hands post-kick, exposing chin—keep guard up, chin tucked.[74]
- Leaning back instead of pivoting into kick power, losing balance vs. larger opponents.
- Rushing transitions without full hip rotation, reducing Gracie leverage in escapes.

Building Intensity + Mobility for Pink Belt High Kicks

- **Intensity**: Tabata intervals (20s max kicks/10s rest) x8, 3x/week; add resistance bands on ankles weeks 3+.
- **Mobility**: Daily 5-min hip openers (pigeon pose, frog stance) + dynamic leg swings pre-drill; progress to held kicks against wall 20-30s/side.
- **Test prep**: 4x/week full Pink Belt sequence (20 techniques) ending in 2-min freestyle with 10 high kicks each side; film for form review.[75][73][72]

⁂

1. https://www.reddit.com/r/Fitness/comments/1dwfxz/supersets_triple_sets_drop_sets_what_they_are_and/
2. https://www.garagegymreviews.com/superset-workouts
3. https://gymaware.com/optimizing-squat-performance/
4. https://blog.gophersport.com/ballistic-training/
5. https://campusrecreation.wvu.edu/news-and-events/sports-and-recreation/2020/12/18/static-vs-dynamic-stretching-which-is-better-for-a-warmup
6. https://www.truesportsphysicaltherapy.com/blogs/dynamic-vs-static-stretching-a-guide-to-peak-athletic-performance
7. https://health.clevelandclinic.org/dynamic-stretching-vs-static-stretching
8. https://www.surge-fit.com/post/supersets-vs-compound-sets-vs-giant-sets

9. https://barbellrehab.com/feet-out-bigger-squat/
10. https://www.goodrx.com/well-being/movement-exercise/what-is-a-superset
11. https://www.strengthlog.com/bicep-and-tricep-superset-workout/
12. https://hosstile.com/blogs/training/3-supersets-to-supercharge-arm-growth
13. https://www.dancehouseproductions.com/blogs/stretching-guide-dancers.html
14. https://www.physiotec.com.au/safe-stretching-for-dancers/
15. https://www.youtube.com/watch?v=CwGOHIiZWMw
16. https://www.youtube.com/watch?v=YPoEo_tImKw
17. https://www.youtube.com/watch?v=iodG6mkbcz4
18. https://www.nhs.uk/live-well/exercise/how-to-stretch-after-exercising/
19. https://www.newcastlesportsinjury.co.uk/ten-static-stretching-exercises/
20. https://www.youtube.com/watch?v=CWbBYvcXgJA
21. https://lpgmuscle.com/blogs/news/the-best-tricep-workouts-with-cables-dumbbells-supercharge-your-tricep-workouts
22. https://www.barbellmedicine.com/blog/best-triceps-exercises-with-cable/
23. https://learn.athleanx.com/articles/best-tricep-cable-exercises
24. https://www.youtube.com/watch?v=_lQR6dGTlDw
25. https://blog.afaa.com/7-cool-down-exercises-to-do-after-a-group-fitness-class
26. https://www.bootcampideas.com/mobility-cool-down/
27. https://steelsupplements.com/blogs/steel-blog/best-shoulder-stretches-for-before-after-workouts
28. https://www.youtube.com/watch?v=qLsgIzQ8_eQ
29. https://www.youtube.com/watch?v=SnczdEkUBvg
30. https://www.youtube.com/shorts/7lYeoKRXO-0

31. https://www.westside-barbell.com/blogs/the-blog/strength-training-vs-bodybuilding
32. https://www.ironcompany.com/blog/bodybuilding-training-differs-strength-training
33. https://www.strengthlog.com/bodybuilding-vs-strength-training/
34. https://oneplayground.com.au/blog/strength-vs-conditioning/
35. https://answerisfitness.com/fitness-raynham-ma/the-difference-between-strength-training-and-conditioning
36. https://www.colemanscoachingcorner.co.uk/blog/types-of-training
37. https://www.puregym.com/blog/strength-vs-bodybuilding/
38. https://www.fulcrumfitness.com/blog/strength-vs-conditioning
39. https://junkyardtraining.net/blogs/strength-training-vs-conditioning.html
40. https://www.reddit.com/r/questions/comments/wqz2ub/bodybuilding_training_difference_to_strength_and/
41. https://www.westside-barbell.com/blogs/the-blog/strength-training-vs-bodybuilding
42. https://www.strengthlog.com/bodybuilding-vs-strength-training/
43. https://womenwholiftweights.com/3-tricep-training-mistakes-women-make/
44. https://squatwolf.com/blogs/fitness/mistakes-to-avoid-when-training-triceps
45. https://simplyshredded.com/top-5-triceps-training-mistakes-how-to-correct-them.html
46. https://muscularstrength.com/article/three-triceps-pushdown-mistakes-everyone-makes
47. https://lpgmuscle.com/blogs/news/the-best-tricep-workouts-with-cables-dumbbells-supercharge-your-tricep-workouts
48. https://steelsupplements.com/blogs/steel-blog/best-shoulder-stretches-for-before-after-workouts
49. https://oneplayground.com.au/blog/strength-vs-conditioning/
50. https://www.colemanscoachingcorner.co.uk/blog/types-of-training
51. https://www.puregym.com/blog/strength-vs-bodybuilding/

52. https://answerisfitness.com/fitness-raynham-ma/the-difference-between-strength-training-and-conditioning

53. https://www.strengthlog.com/bicep-and-tricep-superset-workout/

54. https://hosstile.com/blogs/training/3-supersets-to-supercharge-arm-growth

55. https://www.reddit.com/r/GYM/comments/1p41znl/triceps_triset_quick_tip_for_those_triceps/

56. https://www.youtube.com/watch?v=Cqs-jWRduGw

57. https://www.youtube.com/shorts/Rc7-euA8FDI

58. https://www.reddit.com/r/strength_training/comments/1p3ypzy/triceps_triset_quick_tip_for_those_triceps/

59. https://www.reddit.com/r/naturalbodybuilding/comments/z4oxo1/your_favorite_tricep_exercises_and_beyond_failure/

60. https://www.tiktok.com/@jasonandlaurenpak/video/7361804765270986030

61. https://bjjfanatics.com/blogs/news/pink-belt-jiu-jitsu

62. https://www.evolutiongraciejiujitsu.com/womens-self-defense

63. https://en.wikipedia.org/wiki/Gracie_jiu-jitsu_ranking_system

64. https://www.dancehouseproductions.com/blogs/stretching-guide-dancers.html

65. https://www.facebook.com/graciejiujitsumadison/posts/the-pink-belt-the-women-empowered-program-is-a-special-curriculum-designed-for-w/924725932986204/

66. https://www.reddit.com/r/martialarts/comments/f6qx5w/whats_your_opinion_on_the_gracie_combatives_belt/

67. https://www.gracieuniversity.com/we2

68. https://www.gracieuniversity.com/UploadsFiles/Documents/UploadsConvert/lc59_it2248_5854a147_WEPinkbelttest.pdf

69. https://www.gracieuniversity.com/UploadsFiles/Documents/UploadsConvert/lc59_it496_64627dc5_WECard.pdf

70. https://www.scribd.com/document/467234722/tst-WE-TestTechniqueList-pdf

71. https://www.martialtalk.com/threads/blue-belt-vs-pink-belt.113484/

72. https://www.scribd.com/document/467234722/tst-WE-TestTechniqueList-pdf

73. https://bjjfanatics.com/blogs/news/pink-belt-jiu-jitsu

74. https://www.youtube.com/watch?v=1WZKjbtgt30

75. https://health-education-human-services.wright.edu/sites/health-education-human-services.wright.edu/files/page/attachments/GRACIE-technique-outline.pdf

76. https://www.tiktok.com/@gracieuniversityhq/video/7142553260774214954

77. https://www.evolutiongraciejiujitsu.com/womens-self-defense

78. https://www.youtube.com/watch?v=gcbxtqEaJpU

79. https://www.instagram.com/p/DHQQiQcyTlA/

80. https://www.gracieuniversity.com/pages/players/fvlessonplayer?sh=1220&ReturnUrl=%2FPages%2FPublic%2FStore

81. https://www.gracieuniversity.com/pages/public/lesson.aspx?su=0&se=159&sh=1726

82. https://www.facebook.com/GracieJiuJitsuBurwood/posts/the-pink-belt-is-the-symbol-of-completion-of-our-women-empowered-program-in-grac/3238984506313887/